



## Message from the Headteacher

Dear Parent/Carer,

Apologies for the late arrival of this final InTouch of the year — it has been a very busy few weeks with all the hard work in the classroom, activities and trips.

This is a short message as we will soon be sending out the Heron Homelink and then a final letter for the year with details of the end of term and start of next term including timings etc and informing you of any changes to expect. We will also send out the new tutor list so pupils can get used to the changes in advance of the new term.

Please don't forget to complete the parent survey by midday on Thursday 13th as your feedback is vital to us in moving the school forward and reflecting on 2022-23.

What I am extremely proud of this term is the behaviour of the pupils in the local community. With the exception of one or two incidents, we have had no general complaints about the behaviour of our pupils in the community. Often in hot weather, this is when there can be issues as pupils are keen to stay out and often in large groups so thank you to them and you for your support. One of our Year 12 pupils, Xanthe, was also involved in something very positive in the community after a local resident had a fall and we are very proud of her and I will be passing this feedback from the resident on to her later this week; she also mentions general behaviour in the park:

*'I am most grateful to Xanthe for her help and resourcefulness at a time of need.'*

*An additional story regarding the kindly behaviour of Wanstead High pupils comes from Tammy at the Tea Hut in the park. She told me that they are polite and respectful as well as friendly and talkative when they go to buy drinks and snacks from her.'*

Have a great summer when it comes

All the best

Emma Hillman

## School Assemblies

School Week	Week Beginning/Date	Year 7 Wednesday	Year 8 Friday	Year 9 Tuesday	Year 10 Thursday	Year 12 Tuesday
2	17 <sup>th</sup> July	Achievement Assemblies				

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## Diary Dates W/B 10<sup>th</sup> July - 17<sup>th</sup> July

10 <sup>th</sup> July	Year 9 Trip to Adventure Island Year 12 History Pupils - University Lecture Year 8 Sports Afternoon Year 6 Parents Transition Evening
11 <sup>th</sup> July	Year 9 trip to Adventure Island, Southend Year 8 Personal Development Evening
12 <sup>th</sup> July	Year 7 KidZania Trip Year 9 Sports Afternoon Cultural Evening 6.00-8.30pm
13 <sup>th</sup> July	Year 10 Drama NEA - Theatre Year 8 Trip to Adventure Island, Southend Year 10 Sports Afternoon
14 <sup>th</sup> July	Year 10 Drama NEA Year 7 KidZania Trip Year 12 Drama trip - Tarantino Live
17 <sup>th</sup> July	Year 10 Trip to Adventure Island, Southend Year 7 Sports Afternoon
18 <sup>th</sup> July	Year 7 KidZania trip

# Other News & Events

## Eton Manor Rugby Club visit for Year 7, 8 & 9

Wow, what an amazing experience our Year 7, 8 and 9 girls had at Eton Manor Rugby club. Thank you to all those who

made the afternoon possible.

Thank you to Eton Manor Rugby Club for having our pupils over – there was some outstanding talent shown by our pupils throughout the day. WHS PE department.



## High Cricket Fever at the Oval

On 30th June the PE department took pupils to watch a 20/20 game at the Oval between Surrey and Somerset. We witnessed a very good game with lots of runs scored and for many this was first time of seeing live professional cricket.

## Abseiling for Charity

Daniel a Year 9 pupil bravely abseiled off the ArcelorMittal Orbit in the Olympic Park for charity. It is an incredible 114.5m high, and he raised a whopping total of just under £650 + Gift Aid! It was for the charity Spread a Smile who run events for children in hospital - organised by WHS mum, Ms Rimi Char, who is part of their fundraising team.





# Other News & Events



## 'Speak Out'

Jack Petchey 'Speak Out' challenge with some of our amazing Year 10 pupils!



## Strike Day Activities

Lots of fun activities for the small number of pupils who came into school. Thanks to the PE department.

## Redbridge Schools Swimming Gala

Success for Year 10 swimmers at the Gala held at Bancroft's on 28th June with Eisa winning silver in the 50m freestyle, Eleanor winning bronze in the butterfly & Kristina winning bronze in both the 50m front crawl and breast stroke.



## End of Year Meal

Year 11s say goodbye to the Spanish-speaking adventure! We enjoyed and shared some delicious tapas in a restaurant in Central London that reminded us a lot of Antoni Gaudí's Barcelona Modernism.





# Other News & Events

## New Staff Induction Day

Our new staff received a warm welcome and we are looking forward to all of them joining us in September.



## Cultural Day

On Wednesday 12<sup>th</sup> July we are holding a Cultural Day and hope it will again become an annual event!

Pupils will be studying aspects of different cultures in their adapted lessons during the day, and we're looking forward to being joined by you to celebrate in the evening with music, entertainment and food!

There will be a ticket price of £3 per adult, which will help to fund the evening.

## Jazz Concert at the Annual Summer Fete

The school jazz band performed a musically-varied set at Nightingale Primary School's annual summer fete on Saturday 1<sup>st</sup> July, supporting the PTA of this important feeder school.



## Wanstead High School Cultural Evening

6.00pm-8.30pm

Wednesday 12<sup>th</sup> July

Join us for food, music, entertainment and much more!

**Adult tickets on ParentPay £3, pupils free**

**Supporting WaterAid**

# Other News & Events

## Message from Head of Year 12

Year 12 had a successful and exciting Drop Down Day on 30<sup>th</sup> June when they were visited by a range of external speakers including Queen Mary's University and University of East Anglia. All Year 12 pupils present on the day were registered for UCAS and were led by a top career coach in drafting their UCAS Personal Statement. **If your child has not been able to register for UCAS due to absence etc please ask them to see Ms van Beers for support with this.**

## New 'Higher Education, careers and Post 18 Options' Google Classroom Page

We have created a new Google Classroom page entitled HE, Careers and Post 18 Options that pupils and parents can refer to throughout the forthcoming year. The Google Classroom is now live and can be accessed using code **zj5tbhq**. Here you will find lots of very useful parent and student guides and key materials including 'How to make a competitive application to university' and 'How to write a Personal Statement'.



## Early Applicants

Parent and carers, if your child is interested in making an early application to UCAS e.g. they intend to apply to Oxford, Cambridge or apply for Medicine, Dentistry or Veterinary Science, please can you remind them to speak to Ms van Beers if they haven't done so.

## Careers and Futures Event

We held our Careers and Futures event on 7th July for our Year 10 and 12 pupils. They met over 35 representatives from over 20 employers, further higher education providers, as well as attended talks from ASK Apprenticeships and the University of Essex. Thank you to all involved and to our pupils for their engagement. It will be back bigger and even better next year!



# Staff Update

## New staff from September

Ms O Ogunbe – Maths Teacher  
Ms G Kartha – Computer Science Teacher  
Ms U Kashaf – SEN Teaching Assistant  
Ms T Gandesha – SEN Teaching Assistant  
Mr A Bharmal – SEN Teaching Assistant  
Ms S Ali – Food Technician (part-time)



# PTA News

## PTA Quiz Night Returns With A Twist

Friday 22<sup>nd</sup> September 2023, from 7.30pm

In September the new Wanstead High School PTA is collaborating with Wanstead Fringe Festival for their first joint event – a bumper 'Back to School' quiz featuring;

- \* Local celebrity host
- \* Licensed bar
- \* Complimentary nibbles for every table

It's a great opportunity to get together with friends and catch

up after the summer – whilst raising money for the school. So put the date in your diary, and start gathering your team... Wanstead Fringe runs from 9th -30th September this year. Find out more at [www.wansteadfringe.org](http://www.wansteadfringe.org)

**SAVE THE DATE!**

**Venue: Wanstead High School**  
**Tickets released on: 4<sup>th</sup> September**

## Meet Your New PTA

We would like to introduce you to two of the new PTA committee members who have recently taken over running the Wanstead High School PTA...



**PTA Chair:**  
**Dennis Weeks**

Dennis is a Wanstead resident, who has lived in the area for over 30 years. He has two children at the School, in Years 7 and 10.

A retired Metropolitan Police detective, Dennis now owns and runs a local building company. In his spare time he also volunteers with Neighbourhood Watch panels for Redbridge and boards a milk float each Christmas to play Santa around the streets of Wanstead. Dennis says: 'We've got great plans focusing on several big projects - our objective is to raise funds and make a significant difference to the school and in turn our children. We will need *your* help to make these plans happen, please keep your eyes peeled as we look to announce our first initiatives in the Autumn term.'



**PTA Secretary:**  
**Louise Russell**

Louise has also lived in Wanstead for more than 30 years, and also has two children at the High School. She works in education and has had various volunteer roles supporting young people and their families. Louise was

involved in PTA and school events when her children were at primary school and is keen to continue this work to build links between the school and local community.



## Tin a Bin

Tin in a Bin is a local charity that has partnered with the London Borough of Redbridge to support families struggling with the cost of living including some of our own families. We will be installing a collection box next term and, in the meantime, you can donate by using the link today.

<https://gofund.me/fd9ffd01>

London Borough of  
**Redbridge**



# Sports News & Upcoming PE Fixtures

## Wanstead High School Cricket Club

In the summer term, the school and Wanstead Cricket Club will be working together to provide extra-curricular opportunities after school from 3.00-4.30pm. These sessions take place every Wednesday and started on 7<sup>th</sup> June.

The Cricket Club have kindly allowed us access to the nets and the outfield to allow pupils to develop their skills. This opportunity is open to all pupils in the school and is not based on previous experience or ability.

At all times pupils will be supervised by members of Wanstead High School staff.

If pupils are using the nets, full protective equipment is required.

Pupils will meet PE staff in the changing rooms, and they will then walk to the Cricket Club with members of staff.

**The dates for the after school sessions are as follows at Overton Drive, London E11 2LW:**

**12/07/23**

**19/07/23**

If you would like your child to attend please complete the Google Form - <https://docs.google.com/forms/d/1mWYvNZuSmuUkiprP2lOhNnIA914CcOfW6cb-KnBehh0/edit>

if you have any questions please contact Mr Adams via email - [m.adams@wansteadhigh.co.uk](mailto:m.adams@wansteadhigh.co.uk)

## PE Fixtures

### Week 1

**Monday 10<sup>th</sup> July:** Year 8 & 9 Cricket v Seven Kings

**Tuesday 11<sup>th</sup> July:** Year 8 & 9 Cricket v Chadwell

**Tuesday 11<sup>th</sup> July:** Redbridge Schools v Walthamstow Schools cricket match

**Tuesday 18<sup>th</sup> July:** Year 7 & 8 Cricket v Loxford

### Athletics Afternoons:

**Monday 10<sup>th</sup> July:** Year 8 Sports Afternoon

**Wednesday 12<sup>th</sup> July:** Year 9 Sports Afternoon

**Thursday 13<sup>th</sup> July:** Year 10 Sports Afternoon

**Monday 17<sup>th</sup> July:** Year 7 Sports Afternoon

## Celebrating Sporting/Physical Activity Achievements outside of school

As a department we are aware that pupils are competing and taking part in a wide range of sporting and physical activities outside of school.

This could be before school, after school and at weekends and we encourage this as being an active key role for a healthy lifestyle.

In the local area there are a number of excellent sports clubs/teams that provide competitive opportunities for pupils to showcase their talents and it would be good to be made aware of these.

If we are made aware, we can then celebrate these within the department, year groups and the whole school.

Please complete the form below if you would like to provide information on any achievements either competitive or non-competitive that we can celebrate within the department and across the school - [https://docs.google.com/forms/d/1\\_6hK-cnZuvC3d2\\_6AgGctazcfbGclghXidQOGSdtXJs/edit](https://docs.google.com/forms/d/1_6hK-cnZuvC3d2_6AgGctazcfbGclghXidQOGSdtXJs/edit)

## PE kit reminder

Please can you ensure your child has the correct Wanstead High PE kit for all of their lessons, this includes the following:

- Wanstead High top
- Black tracksuit bottoms/shorts/leggings
- Socks (No tights to be worn for PE)
- Trainers
- Hair bobble

Thank you, PE Department



# Wanstead Summer Reading Challenge

## All Pupils Invited!

Over the summer holidays, we would like to encourage all pupils to get involved in the **Wanstead Summer Reading Challenge!** The Wanstead Summer Reading Challenge will not only keep pupils engaged in their learning but also provide them with an opportunity to discover new worlds, nurture their imagination and expand their vocabulary. Most importantly, this is a great way to foster a love for reading! To support reading choices, there is a reading list on the following

pages 14 - 18. However, pupils can read their own choice of books too. Visiting a local library or choosing an e-book are other great options.

All pupils will be expected to complete the reading entry form which will help keep a record of the reading that has been completed. When pupils return in September, they must hand their completed signed entry forms to form tutors. The forms will be used to determine achievement points, certificates and winners for each year group! All entrants will be awarded achievement points based on the criteria below:

Category	Award
Novel (200-300 pages)	3 achievement points
Comic	1 achievement point (maximum 5 achievement points regardless of how many comics have been read)
Short stories (3-30 pages)	2 achievement points
An unusually longer novel/ non-fiction book e.g. 'Romantic Outlaws' (small font 547 pages) 'History of Europe' (1392 pages)	6 achievement points

Deadline for completed reading entry form: **Friday 15<sup>th</sup> September 2023. ENJOY READING!**

## Wanstead Summer Reading Challenge

Full name: ..... Tutor Group: .....(if known)

Parent/Carer signature .....

	Book title	Author	A couple of sentences about what you thought of the book and why.
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



# Wanstead Summer Reading Challenge

## Recommended Reads: Key Stage 3 (Year 7, 8 & 9)

### Action, Adventure, Mystery & Thrillers

*Storm Catchers* by Tim Bowler  
*The Terrible Thing [...] Barnaby Rooket* - John Boyne  
*Bodyguard* or *Gamer* (& sequels) by Chris Bradford\*  
*Alone* by DJ Brazier  
*Mortal Chaos* or *Lie, Kill, Walk Away* –M Dickinson  
*The London Eye Mystery* by Siobhan Dowd  
*The Girl Who Stole An Elephant* by Nizrana Farook  
*The Boy Who Flew* by Fleur Hitchcock  
*High Rise Mystery & Mic Drop* by Sharna Jackson  
*Girl Missing* (& sequels) by Sophie McKenzie  
*The Recruit* (& sequels) by Robert Muchamore\*  
*Hatchet* by Gary Paulsen  
*Ruby in the Smoke* by Phillip Pullman  
*Wolf Wilder or The Explorer* by Katherine Rundell  
*Murder Most Unladylike* (& sequels) – R Stevens  
*Lost (Choose Your Own Adventure)* -T Turner.\*

### Dystopian & Science Fiction

*The Infinite* by Patience Agbabi  
*Ink* (& sequels) by Alice Broadway  
*Where the River Runs Gold* by Sita Brahmachari  
*Gone* or *BRZK* (& sequels) -Michael Grant  
*The Giver* and *Gathering Blue* by Lois Lowry  
*The Dog Runner* by Bren Macdibble  
*Killer T* by Robert Muchamore  
*The Knife of Never Letting Go* (& sequels)-P Ness  
*Railhead & Mortal Engines* (& sequels)-P Reeve  
*Scythe, Unwind, Dry* (& sequels) – N Shusterman  
*Destination Earth* by Ali Sparkes  
*Contagion* or *Slated* (& sequels) by Teri Terry  
*The 5th Wave* (& sequels) by Rick Yancey

### Humorous books

*Little Badman & [...]* *Killer Aunties* - Humza Arshad  
*Millions, Cosmic or Broccoli Boy* by Frank C Boyce  
*The Last Kids on Earth* (& sequels) by Max Brallier\*  
*Fenway and Hattie* by Victoria Cole\*  
*Adventures of a Wimpy Vampire* (& more)-T.Collins\*  
*The 13-Storey Treehouse* (& series) by A Griffiths\*  
*Cookie & the Most Annoying Boy...* by Konnie Huq\*  
*Enginerds* (& sequels) by Jarrett Lerner\*  
*Disaster Diaries: Zombies* (&sequels)-R McGeddon\*  
*The Accidental Billionaire* series- T McLaughlin  
*The World of Norm* series by Jonathon Meres\*  
*Accidental Trouble: Planet Omar* by Zanib Mian  
*Middle School* series by James Patterson\*  
*Tom Gates* series by Liz Pichon (dyslexia-friendly)\*  
*Big Nate* series by Lincoln Peirce\*  
*Killer Animals* series by Tracey Turner

### Relationships & Tough Situations

*Cyborg Cat* (& sequels)- Ade Adepitan\*  
*Boy Underwater* by Adam Baron (!)  
*Noughts and Crosses, Hacker, Boys Don't Cry* or *Pig-Heart Boy* by Malorie Blackman

*Blubber* or anything by Judy Blume  
*Artichoke Hearts* or *Jasmine Skies* -S. Brahmachari  
*A Pocketful of Stars* by Aisha Bushby  
*New Kid* or *Class Act* by Jerry Craft  
*One, Apple & Rain, Moonrise, Toffee* -S Crossan  
*Bud Not Buddy* by Christopher Paul Curtis  
*Stella By Starlight* or *Blended* by Sharon Draper  
*Running on Empty* by S.E. Durrant  
*Mind the Gap, Being Billy or Saving Daisy* - P Earle\*  
*The Many Worlds of Albie Bright* –Chris Edge  
*Mockingbird* by Kathryn Erskine  
*Tulip Touch, Goggle Eyes or Flour Babies* by A. Fine  
*Lenny's Book of Everything* by Karen Foxlee  
*Check Mates & The Bubble Boy* by Stewart Foster  
*Unstoppable* by Dan Freedman\*  
*One Crazy Summer* by Rita Williams-Garcia  
*George* by Alex Gino  
*Tall Story* or *Shine* by Candy Gourlay  
*The Island at the End of Everything*–KM Hargrave  
*After the Fire* by Will Hill  
*Boy in the Tower* by Polly Ho-Yen  
*A Different Dog* by Paul Jennings\*  
*Red Sky in the Morning* by Elizabeth Laird  
*Scarlet Ibis* by Gill Lewis  
*Out of Heart* by Irfan Master  
*Lark* (& series) by Anthony McGowan \*  
*A Monster Calls* by Patrick Ness  
*No Fixed Address* or *Word Nerd* – Susin Nielsen  
*Wonder* by R.J. Palacio (!)  
*Pax* or *Here in the Real World* - S Pennypacker  
*Freak the Mighty* by Rodman Philbrick  
*Unboxed* by Non Pratt \*  
*A Good Kind of Trouble* by Lisa Moore Ramee  
*Long Way Down, Look Both Ways, Ghost* -Reynolds\*  
*A Night Divided* by Jennifer Nielson  
*Armistice Runner* or *Over the Line* by Tom Palmer\*  
*A Long Walk to Water* by Linda Sue Park  
*The Red Pencil* by Andrea David Pinkney  
*Now or Never: A Dunkirk Story* by Bali Rai\*  
*The Boy at the Back of the Class* by Onjali Rauf  
*Salt to the Sea* by Ruta Sepetys  
*Eagle of the Ninth* by Rosemary Sutcliffe  
*Refugee Boy* by Benjamin Zephaniah  
*The Book Thief* by Marcus Zusak

**Note to parents: Some books from this list are written for young adult readers; this means there may be occasional 'gritty' content. Generally by Key Stage 3 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher.**

**\* = Top picks for reluctant readers**

# Wanstead Summer Reading Challenge

## Recommended Reads: Key Stage 3 (Year 7, 8 & 9)

### Fantasy, Magic Realism, Horror & Ghost

*Children of Blood and Bone* by Tomi Adeyemi  
*The House With Chicken Legs (& Girl/Bear)* - S. Anderson  
*Asha & The Spirit Bird* by Jasbinder Bilan  
*Mind Writer* by Steve Cole\*  
*Artemis Fowl* (& sequels) by Eoin Colfer  
*Rumblestar* by Abi Elphinstone  
*Who Let the Gods Out* (& sequels) by Maz Evans  
*Ranger's Apprentice* or *Brotherband* - J Flanagan  
*Inkheart* (& sequels) by Cornelia Funke  
*The Graveyard Book* by Neil Gaiman  
*Blackberry Blue* by Jamila Gavin  
*Brightstorm: A Sky-Ship Adventure* by Vashti Hardy  
*Girl of Ink and Stars* by Kiran Millwood Hargrave  
*Skulduggery Pleasant* (& sequels) by Derek Landy  
*Eragon* (& sequels) by Christopher Paolini  
*Tales of Terror, Mister Creecher* –Chris Priestley  
*Northern Lights* (& sequels) by Phillip Pullman  
*Goth Girl* (& sequels) by Chris Riddell\*  
*Mrs Peregrine's Home for Peculiar Children* -Riggs  
*Zom-B* or *Cirque du Freak* (& sequels) by D. Shan\*  
*Oh My Gods* by Alexandra Sheppard  
*Black Panther the Young Prince* by Roland L Smith  
*The Edge Chronicles* by P Stewart and C Riddell  
*Ghost Boys* or *Black Brother[...]* Jewell P Rhodes  
*Esperanza Rising* by Pam Munoz Ryan  
*Operation Frog Effect* by Sarah Scheerger  
*Can You See Me* or *Do You Know Me*—Scott & Westcott  
*The Marvels* or *Wonderstruck* by Brian Selznick\*  
*The Boxer* by Nikeshe Shukla  
*Stargirl* by Jerry Spinelli  
*Clean Getaway* by Nic Stone  
*Roll of Thunder, Hear My Cry* by Mildred Taylor  
*The Hate U Give* by Angie Thomas  
*Goldfish Boy* by Lisa Thompson  
*The 1000 Year Old Boy* by Ross Welford  
*A Boy Called Hope* by Lara Williamson  
*Brown Girl Dreaming* or *Harbor Me* - J Woodson

### Sports

*Booked, Crossover or Rebound* – K. Alexander\*  
*Stat Man* by Alan Durant \*  
*Man of the Match* (& series) by Dan Freedman  
*The Number 7 Shirt* or *The Lion Roars* - A Gibbons\*  
*Kick* by Mitch Johnson  
*The Fix* by Sophie McKenzie\*  
*The Greatest: Muhammed Ali* by Walter D Myers\*  
*Ultimate Football Heroes Collection* – M&T Oldfield\*  
*Football Academy* or *Foul Play* series—Tom Palmer\*

*Soccer Squad, Dream On (& series)* by Bali Rai\*  
*Outcasts United* (young people edition) -W. St John  
*The Football Boy Wonder* (& sequels) - Martin Smith\*  
*Pay Attention, Carter Jones* by Gary Schmidt\*

### History, War, Conflict & Refugee Experience

*Soldier Dog* or *A Horse Called Hero* - Sam Angus  
*The Boy in the Striped Pyjamas* by J Boyne  
*Illegal* by Eoin Colfer \*  
*Wolf Children, Red Shadow, Eleven Eleven* -Dowswell  
*Under a War-Torn Sky* by L.M. Elliott  
*Boy 87* by Ele Fountain  
*The Bone Sparrow* by Zana Fraillion  
*Once* (& sequels) by Morris Gleitzman \*  
*Bone Talk* by Candy Gourlay  
*Grenade* by Alan Gratz  
*Race to the Frozen North\**, *Blade and Bones* or *Sawbones* by Catherine Johnson  
*Orphan Monster Spy* by Matt Killeen  
*Inside Out and Back Again* by Thanhha Lai  
*Buffalo Soldier* or *Apache* by Tanya Landman  
*Every Falling Star* (North Korea) by Sungju Lee  
*Dog Tags: Semper Fido* or *Strays* by C A London\*  
*Diver's Daughter: A Tudor Story* by P Lawrence  
*Shadow* or *In the Mouth of the Wolf* -Morpurgo  
*Sunrise Over Fallujah* by Walter Dean Myers  
**Note to parents: Some books from this list are written for young adult readers; this means there may be occasional 'gritty' content. Generally by Key Stage 3 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher.**  
\* = Top picks for reluctant readers

# Wanstead Summer Reading Challenge

## Recommended Reads: Key Stage 4 (Year 10 & 11)

### Action, Mysteries, Horror & Thrillers

*Famous Last Words* or *Bad Girls Don't Die* – Alender  
*Bodyguard: Hostage* (& sequels) by Chris Bradford\*  
*Dead Time* (& sequels), *Getting Away With It* or *The Bone Room* by Anne Cassidy\*  
*And Then There Were None* by Agatha Christie  
*Say Her Name* by Juno Dawson  
*Mortal Chaos, Speed Freaks, The Everest Files* or *Lie, Kill, Walk Away* by Matt Dickinson\*  
*A Gathering Light* by Jennifer Donnelly  
*The Enemy* (& sequels) by Charlie Higson\*  
*House of Silk, Moriarty, Maggie Murders* - Horowitz  
*A Good Girl's Guide to Murder* by Holly Jackson  
*Sawbones* or *Blade & Bone* by Catherine Johnson  
*The Long Weekend* by Savita Kalhan  
*Carrie* or *It* by Stephen King  
*We Were Liars* by E Lockhart  
*Here We Lie, Sweetfreak, Blood Ties* or *Girl Missing* (& sequels) by Sophie McKenzie  
*#Murdertrending* by Gretchen McNeil\*  
*One of Us is Lying, One of Us is Next* or *Two Can Keep a Secret* by Karen McManus  
*I am Still Alive* by Kate Marshall  
*Blame* or *Itch* (& sequels) by Simon Mayo  
*The Recruit (Cherub), The Escape (Henderson's Boys)* or *Rock War* (& sequels) by R Muchamore\*  
*Foul Play* (& sequels) or *Ghost Stadium* - T Palmer\*  
*Daniel X* or *Confessions of Murder* by J. Patterson\*  
*13 Minutes* by Sarah Pinborough  
*Remade* or *TimeRiders* (& sequels) -Alex Scarrow\*

### Autobiographies/Memoirs/Biographies

*Tuesdays With Morrie* by Mitch Albom  
*I Know Why a Caged Bird Sings* by M. Angelou  
*A Street Cat Named Bob*\* by James Bowen  
*Playing the Enemy* by John Carlin  
*In Cold Blood* by Truman Capote  
*Nothing to Envy* (North Korea) by B Demick  
*Hope in a Ballet Shoe*: Michaela & Elaine DePrince  
*Wave: Life After the Tsunami* by S. Deraniyagala  
*One Dog at a Time* (& sequels) by Pen Farthing  
*Fatal Throne: The Wives of Henry VIII* - multiple YA writers (fictionalised biography)  
*Diary of a Young Girl* by Anne Frank  
*Marley & Me* by John Grogan\*  
*Mud, Sweat and Tears* by Bear Grylls\*  
*Fever Pitch* by Nick Hornby  
*The Story of My Life* by Helen Keller  
*Finding Gobi* by Dion Leonard\*  
*Today Everything Changes* by Andy McNab\*  
*Chinese Cinderella* by Adeline Yen Mah  
*Long Walk to Freedom* by Nelson Mandela  
*A History of the World in 21 Women* - Jenni Murray  
*The Greatest: Muhammed Ali* by WD Myers\*  
*Dreams From My Father* by Barack Obama  
*Becoming* by Michelle Obama  
*Persepolis* by Marjane Satrapi (graphic novel)\*  
*Touching the Void* by Joe Simpson\*  
*Brown Girl Dreaming* by Jacqueline Woodson\*

*Black Boy: A Record of Youth & Childhood* -R Wright  
*I am Malala* by Malala Yousafzai  
*I am Thunder* or *Kick the Moon* - Muhammed Khan  
*The Secret Life of Bees* or *Invention of Wings* - Kidd  
*Rose, Interrupted* or *Orangeboy* - Patrice Lawrence  
*Brock, Pike, Rook & Lark* by Anthony McGowan\*  
*The Sky is Everywhere* or *I'll Give You..* by J Nelson  
*Things a Bright Girl Can Do, An Island of our Own* or *Ways to Live Forever*- Sally Nicholls  
*We Are All Made of Molecules, Word Nerd* or *No Fixed Address* by Susin Nielson  
*All the Bright Places & Holding Up Universe* - Niven  
*Before I Fall* or *Vanishing Girls* by Lauren Oliver  
*My Sister's Keeper* or *Small Great Things* - J Picoult  
*My Sister Lives on the Mantelpiece* or *Ketchup Clouds* by Annabel Pitcher  
*The Harder They Fall* or *Stay a Little Longer; (Un)arranged Marriage* or *Killing Honour* -Bali Rai\*  
*Gloves Off* or *Black Heart Blue* by Louisa Reid\*  
*Long Way Down*\* by Jason Reynolds  
*Extraordinary Means* or *Severed Heads, Broken Hearts* by Robin Schneider  
*The Lovely Bones* or *Lucky* by Alice Sebold  
*The Boxer* or *Run, Riot* Nikesh Shukla  
*Counting by 7s* by Holly Sloan  
*The Help* by Kathryn Stockett  
*Stone Cold* by Robert Swindells\*  
*Anita and Me* by Meera Syal  
*Lies We Tell Ourselves* by Robin Talley  
*Roll of Thunder, Hear My Cry* by Mildred Taylor  
*Somebody Give This Heart a Pen* by Sophia Thakur  
*The Hate U Give* or *On the Come Up* by A Thomas\*  
*The List* by Siobhan Vivian  
*It's Kind of a Funny Story* by Ned Vizzini  
*My Name is Leon* by Kit de Waal  
*Can You See Me?* by L Scott & R Westcott  
*Liclle Bit* (& sequels) by Alex Wheatle  
*The Art of Being Normal* by Lara Williamson  
*Oranges Are Not the Only Fruit* – J Winterson  
*Frankly in Love* by David Yoon  
*Teacher's Dead, Face* or *Terror Kid* by B. Zephaniah

**Note to parents: Some books from this list are written for young adult readers; this means there may be occasional 'gritty' content. Generally by Key Stage 3 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher.**

**\* = Top picks for reluctant readers**



# Wanstead Summer Reading Challenge

## Recommended Reads: Key Stage 4 (Year 10 & 11)

### Conflict, War, Genocide & the Refugee Experience

*A Country to Call Home: Anthology of Young Refugees & Asylum Seekers* ed. by Lucy Popescu  
*Illegal* by Eoin Colfer (graphic novel)\*  
*All The Light We Cannot See* by Anthony Doerr  
*Birdsong* by Sebastian Faulks  
*The Bone Sparrow* by Zana Fraillion  
*Act of Love* or *The Trap* by Alan Gibbons\*  
*Bone Talk* by Candy Gourlay  
*The Nightingale* by Kristin Hannah  
*The Kite Runner* by Khalid Hosseini  
*Orphan, Monster, Spy* by Matt Killeen  
*The Librarian of Auschwitz* by Antonio Iturbe  
*The Beekeeper of Aleppo* by Christy Lefteri  
*Dog Tags: Semper Fido* or *Strays* by CA London\*  
*The Tattooist of Auschwitz* by Heather Morris  
*Fallen Angels* or *Sunrise over Fallujah*-WD Myers\*  
*A Long Walk to Water* by Linda Sue Park\*  
*All Quiet on the Western Front* by EM Remarque  
*Salt to the Sea* by Ruta Sepetys  
*Maus* by Art Spiegelman (graphic novel)\*  
*Milkweed* by Jerry Spinelli  
*Night* by Elie Wiesel  
*To All the Boys I've Loved Before* (& sequels) –J Han  
*Slammed* or *Regretting You* by Colleen Hoover  
*Hold Back the Stars* by Katie Khan  
*Falling Fast* (& sequels) by Sophie McKenzie  
*One Day* by David Nicholls  
*Eleanor and Park & Fangirl* by Rainbow Rowell  
*Written in the Stars* by Aisha Saeed  
*The Art of Racing in the Rain* by Garth Stein\*  
*Shiver* or *The Raven Boys*(&sequels) - M. Stiefvater  
*Our Chemical Hearts* by Krystal Sutherland  
*Paper Avalanche* by Lisa Williamson  
*If You Come Softly* by Jacqueline Woodson  
*Everything, Everything & Sun is Also a Star*-Yoon\*  
*Girl Online* (& sequels) by Zoe Sugg\*

### Classics & Modern Literature

*Things Fall Apart* by Chinua Achebe  
*Purple Hibiscus* by Chimamanda Adichie  
*Pride and Prejudice* or *Emma* by Jane Austen  
*Fahrenheit 451* by Ray Bradbury  
*Jane Eyre* by Charlotte Bronte  
*Wuthering Heights* by Emily Bronte  
*Great Expectations* or *Oliver Twist* by C Dickens  
*Sherlock Holmes* by Sir Arthur Conan Doyle  
*The Great Gatsby* by FS Fitzgerald  
*Lord of the Flies* by William Golding  
*Tess of the D'ubervilles* by Thomas Hardy  
*Not Without Laughter* by Langston Hughes  
*Brave New World* by Alex Huxley  
*Never Let Me Go* by Kazuo Ishiguro  
*Flowers for Algernon* by Daniel Keyes  
*To Kill a Mockingbird* by Harper Lee  
*Cider With Rosie* by Laurie Lee

*The Road* by Cormac McCarthy  
*Rebecca* by Daphne du Maurier  
*The Bluest Eye* or *Beloved* by Toni Morrison  
*1984* or *Animal Farm* by George Orwell  
*The Catcher in the Rye* by JD Salinger  
*Frankenstein* by Mary Shelly  
*Dr Jekyll and Mr Hide* by RL Stevenson  
*Dracula* by Bram Stoker  
*The Adventures of Huck Finn* by Mark Twain  
*The Color Purple* by Alice Walker

### Complex/Difficult/Thought-provoking Issues

*Change is Gonna Come* – various BAME authors  
*Poet X* by Elizabeth Acevedo\*  
*Simon vs the Homo Sapiens Agenda* – B Albertalli\*  
*Booked, Rebound* or *Crossover*- Kwame Alexander\*  
*The Hypnotist* by Laurence Anholt  
*Thirteen Reasons Why* by Jay Asher  
*Black Flamingo* by Dean Atta\*  
*Noughts & Crosses* or *Boys Don't Cry* -M Blackman\*  
*Tiger Eyes* or anything by Judy Blume\*  
*Am I Normal Yet?* (Spinster Club series)- H. Bourne  
*The Heart's Invisible Furies* by John Boyne  
*The Bunker Diary* or *See Through Me* by K Brooks\*  
*Hate List* by Jennifer Brown  
*Junk* or *The Hit* by Melvin Burgess  
*Looking for JJ* or *No Virgin/No Shame* -Anne Cassidy  
*The Perks of Being a Wallflower* by S. Chbosky  
*Stolen* by Lucy Christopher  
*The Chocolate War* by Robert Cormier  
*Toffee, One* or *The Weight of Water* by S Crossan\*  
*A Swift Pure Cry* or *Solace of the Road* -S. Dowd  
*Furious Thing* or *Before I Die* by Jenny Downam  
*Out of My Mind* by Sharon Draper  
*Heroic, Being Billy* or *Saving Daisy* by Phil Earle\*  
*Mockingbird* or *Seeing Red* by Kathryn Erskine  
*The Universe versus Alex Woods* by G. Extence  
*If I Stay & Where She Went* by Gayle Forman  
*Full Disclosure* by Camryn Garrett  
*Homegoing* by Yaa Gyasi  
*The Curious Incident of the Dog...* by Mark Haddon  
*After the Fire* by Will Hill  
*The Outsiders* by SE Hinton\*  
*That Asian Kid* by Savita Kalhan  
*Pigeon English* by Stephen Kelman  
*That's Not What Happened* by Kody Keplinger  
*Code Name Verity, Rose Under Fire* by E. Wein  
*My Dear I Wanted to Tell You* by Louisa Young  
*Refugee Boy* by Benjamin Zephaniah  
*The Book Thief* by Marcus Zusak

**Note to parents: Some books from this list are written for young adult readers; this means there may be occasional 'gritty' content. Generally by Key Stage 3 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher.**

**\* = Top picks for reluctant readers**

# Wanstead Summer Reading Challenge

## Recommended Reads: Key Stage 4 (Year 10 & 11)

### Dystopian, Science Fiction or Magic Realism

*Children of Blood and Bone* by Tomi Adeyemi  
*The Testaments* or *The Handmaid's Tale* – Atwood  
*Ink* (& sequels) by Alice Broadway\*  
*iBoy* by Kevin Brooks\*  
*World War Z* by Max Brooks  
*The Girl With All the Gifts* by MR Carey  
*City of Bones* (& sequels) by Cassandra Clare  
*Matched* (& sequels) by Ally Condie  
*The Maze Runner* (& sequels) by J. Dashner  
*Stepsister* by Jennifer Donnelly  
*Cell 7* (& sequels) by Kerry Drewery\*  
*The Gender Game* by Bella Forrest  
*Gone or BZRK* (& sequels) by Michael Grant\*  
*The Deathless Girls* by Kiran Millwood Hargrave  
*Department 19* (& sequels) by Will Hill  
*The Loneliest Girl in the Universe* by Lauren James  
*Maladapted* by Richard Kurti\*  
*I Am Number Four* (& sequels) by Pittacus Lore\*  
*Legend* (& sequels) by Marie Lu\*  
*The Passengers* by John Marrs\*  
*Circe* or *Song of Achilles* by Madeline Miller  
*The Knife of Never Letting Go* (& sequels) - P Ness  
*MetaWars: Fight for Future* (&sequels) - J. Norton\*  
*Z For Zachariah* by Robert O'Brien  
*The Loop* by Ben Oliver  
*Replica* or *Delirium* (& sequels) by Lauren Oliver  
*Only Ever Yours* by Louise O'Neill  
*Hatchet* by Gary Paulsen\*  
*Divergent* (& sequels) by Veronica Roth  
*Lord Loss\** or *Zom-B\** (& sequels) by D Shan  
*Scythe, Unwind* or *Dry* (& sequels) -N Shusterman\*  
*Concentr8* by William Sutcliffe  
*An Ember in the Ashes* (& sequels) by Sabaa Tahir  
*Contagion* or *Slated* (& sequels) by Teri Terry

*Uglies* or *Zeroes* (& sequels) by Scott Westerfield  
*The 5th Wave* (& sequels) by Rick Yancey\*

### Humorous books

*The Hitchhiker's Guide to the Galaxy* by D Adams  
*The Life and Times of The Thunderbolt Kid* - Bryson  
*Swim the Fly* or *Call the Shots* by Don Calame  
*The Private Blog of Joe Cowley* by Ben Davis\*  
*An Abundance of Katherines* by John Green\*  
*Noah Can't Even* or *Alex in Wonderland* - SJ Green\*  
*The Reformed Vampire Support Group* by Jinks\*  
*Hellbent* or *Henry Tumour* by Anthony McGowan\*  
*Don't Even Think About It* – Sarah Mylnowski  
*Discworld* series by T Pratchett (try *The Last Hero*)  
*Good Omens* by Terry Pratchett and Neil Gaiman  
*A Midsummer Tights Dream* or *Georgia Nicholson* series by Louise Rennison  
*The Rosie Project* (& sequel) by Graeme Simsion  
*The Gifted, The Talented and Me* by W Sutcliffe  
*The Secret Diary of Adrian Mole* – Sue Townsend

### Relationships

*Beautiful Broken Things* by Sara Barnard  
*Three Daughters* by Consuelo Saah Baehr  
*Tender Earth* by Sita Brahmachari  
*Fault in Our Stars* or *Looking for Alaska* by J Green\*  
*Why We Broke Up* by Daniel Handler\*

\* = top picks for reluctant readers or readers who prefer visual/less dense texts. Includes some dyslexia friendly titles; quick-paced reads of longer books; verse novels; and graphic novels.

Note to parents: Many of these books are written for young adult readers (13+) or adults; this means there may be 'gritty' content. Generally by Key Stage 4 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher

## Year 9 – Literature texts

As part of the GCSE English Literature course, pupils will be studying the three texts listed below. There is an expectation that all pupils will purchase their own copies of these texts so that they can annotate these as part of their exam preparation next year. If you are unable to buy a copy, please email the English department and we will try to arrange a copy.

Text Title	Author
A Christmas Carol	Charles Dickens
Macbeth	William Shakespeare
DNA (school edition)	Dennis Kelly



## English Department – Year 10 Summer Holiday Revision Google Class: 7ytjt72

All year 10 pupils will be given English revision tasks that will help consolidate their understanding of the core literature texts that they have studied this year. This includes memorising key quotations for all three core texts: DNA, Macbeth and A Christmas Carol.

There are also some additional resources that will help develop a stronger understanding of the nine power and conflict poems that were studied this year. These poems are: *Remains*, *War Photographer*, *Ozymandias*, *Checking Out Me History*, *London*, *The Emigree*, *Bayonet Charge* and *Charge of the Light Brigade*.

Your child's English teacher will provide more detailed guidance on the tasks that will need to be completed.

Ms Khan – KS4 English Co-ordinator  
[s.khan@wansteadhigh.co.uk](mailto:s.khan@wansteadhigh.co.uk)

## Looking For Girls & Women To Join Our Dedicated Female Football Club

AFC Leyton are looking for girls and women to join our dedicated female club from ages of 5 years old all the way to adults.

AFC Leyton was created in 2015 and is the only dedicated female football club in East London. We are fully committed in covering all aspects of football with a common aim of building self-esteem, confidence and life skills. Our vision is to grow and develop young girls confidence and abilities both on and off the pitch by providing a safe and nurturing environment for them to have fun, build friendships and develop. We are also won the Grassroots Football Club of the year in 2022 with our Chairman winning the London FA Coach of the Year 2022.

Girls football is one of the fastest growing sports in the UK and with the success of the England Lionesses at the moment this is only going to grow further. However, opportunities to play competitively within East London are low. A study involving more than 4000 young females confirmed that girls who play football report higher levels of self confidence, giving a greater positive impact on their self confidence than other popular sports.

This is why AFC Leyton is so important to ensure girls in local boroughs have opportunities to play proper, organised football within a team. All our coaches are highly trained and FA qualified with up to date DBS. We currently have 3 settings within our club:

**Wildcats: 4-6 years old (Wednesday 5pm-5.45pm - free of charge)** <https://afcleyton.co.uk/product/1b-england-football-wildcats-age-4-to-6-years-wednesdays-5-to-545pm-free/> <<https://afcleyton.co.uk/product/1b-england-football-wildcats-age-4-to-6-years-wednesdays-5-to-545pm-free/>>

**Wildcats - 7-11 years old (Monday 6.30pm-8pm - £7)** <https://afcleyton.co.uk/product/2-england-football-wildcats-age-7-to-11-630pm-to-8pm/> <<https://afcleyton.co.uk/product/2-england-football-wildcats-age-7-to-11-630pm-to-8pm/>>

**Squad Girls: 12-16 years old (Monday 6.30pm-8pm - £7)** <https://afcleyton.co.uk/product/3-england-football-squad-girls-12-to-16-years-mondays-630pm-to-8pm/> <<https://afcleyton.co.uk/product/3-england-football-squad-girls-12-to-16-years-mondays-630pm-to-8pm/>>

**Squad Girls: 12-16 years old (Tuesday 6pm-7.30pm - £7)** <https://afcleyton.co.uk/product/3b-england-football-squad-girls-tuesdays-6-to-730pm/> <<https://afcleyton.co.uk/product/3b-england-football-squad-girls-tuesdays-6-to-730pm/>>

### League teams: U8s to U16s

As well as the above, we also have youth trials on Saturday 5 August at 11am-12.30pm, if you are interested, please sign up, free of charge: <https://afcleyton.co.uk/product/0-youth-trials-august-23/> <<https://afcleyton.co.uk/product/0-youth-trials-august-23/>>

Last but certainly, not least, we also have our JustPlay sessions on Monday evenings at 8pm-9pm for 16 years and above as well as our Adult First team and Reserve team. Please find

more details below:

**JustPlay: Aged 16 and above - Female only - Monday 8pm-9pm** <https://afcleyton.co.uk/product/justplay/> <<https://afcleyton.co.uk/product/justplay/>>

**First team and Reserve team: Aged 16 and above - Female only** <https://afcleyton.co.uk/afc-leyton-signing-new-adults-players-for-the-2023-24-season/> <<https://afcleyton.co.uk/afc-leyton-signing-new-adults-players-for-the-2023-24-season/>>

Any questions, please do not hesitate to get in touch.  
Nicola Gallagher  
Club Secretary  
AFC Leyton

(w) [www.afcleyton.co.uk](http://www.afcleyton.co.uk) <<http://www.afcleyton.co.uk>>

(e) [secretary@afcleyton.co.uk](mailto:secretary@afcleyton.co.uk)  
<<mailto:secretary@afcleyton.co.uk>>

(t) 07521 809 437





# Sports News



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TO FIND OUT MORE, CONTACT PROMILA RAINA :  
PROMILA.RAINA@ESSEXCRICKET.ORG.UK



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next to Bobby Moore Academy

TO FIND OUT MORE, CONTACT PROMILA RAINA :  
PROMILA.RAINA@ESSEXCRICKET.ORG.UK



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- ALL GENDERS WELCOME

AGE: 8 TO 16 | EVERY WEDNESDAY |  
4:15 PM - 6 PM, STARTING FROM 17TH MAY  
QUEEN ELIZABETH OLYMPIC PARK, E20 2AE  
HEAD TO LONDON STADIUM TRAINING TRACKS  
NEXT TO BOBBY MOORE ACADEMY

TO FIND OUT MORE, CONTACT : PROMILA RAINA  
PROMILA.RAINA@ESSEXCRICKET.ORG.UK

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer, if your child has missed the school session and you would like to attend a clinic, please either email us at [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 <sup>th</sup> March	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 <sup>th</sup> April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25 <sup>th</sup> April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11 <sup>th</sup> May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23 <sup>rd</sup> May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8 <sup>th</sup> June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20 <sup>th</sup> June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 <sup>th</sup> July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18 <sup>th</sup> July	3:30pm – 5:30pm	Loxford Children's Centre

**Fullwell Cross Library**  
140 High Street  
Barkingside  
IG6 2EA

**Loxford Children's Centre**  
138-140 Ilford Lane  
IG1 2LG

**Although I'm not their mother  
I care for them each day.  
I cuddle, sing and read to them  
And watch them as they play.**

**I see each new accomplishment,  
Growing and learning over the years.  
They proudly show their work to me,  
I give the loudest cheers!**

**No, I'm not their mother,  
But my role is just as strong.  
I nurture them and keep them safe,  
Though maybe not for long.**

**I know someday the time will come,  
When we will have to part.  
But I know each child I cared for  
Is forever in my heart.**

**Foster for Redbridge**  
020 8708 6068  
[fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)

# Looking After Your Child's Mental Health

## **PARENTS: What can I do at home with my teen?**

**Find time to talk, just the two of you** – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.

**Do a fun activity together** – this helps them to be curious, learn new things, solve problems and express feelings without words.

**Be a role model** – Show how you cope with difficult feelings and look after yourself.

*Does my young person need mental health support?*

It's normal to feel angry, sad, worried or stressed sometimes. However, if they're struggling to cope with those feelings, they might need support.

### **Look out for:**

- Sudden changes in behaviour
- Negative thoughts and low self-esteem

Arguing and fighting

Sleep problems

Avoiding school or staying with you all the time

Aches and pains

\*Remember – everyone is different and these signs might not have anything to do with a mental health problem.

**Try talking to them first. If you're worried get help!**

Some great places to start online are:

[NHS](#)

[Young Minds](#)

[MindEd](#)

[Place2Be's blog](#)

**Ms V Vashisht**

**School Counsellor**

**Be the role model  
they need**

**Foster for Redbridge**

**020 8708 6068**  
**[fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)**





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- Click on **CHECK AVAILABILITY**
- Where prompted enter your details and read and agree to the terms and conditions
- Click on **RENT LOCKER** and follow the instructions for entering your payment details
- You will then be emailed a locker code and the number of your locker compartment.

**How to Access your Locker:**

- Go to the locker number detailed on your confirmation email
- Enter the **4 digit code** detailed on your confirmation email and open the lock
- Should you forget your code it can be reset by visiting [www.locker.rentals](http://www.locker.rentals) and clicking on the re-issue my locker code link.

# Pupil Lockers

If you have booked and paid for a locker for your child they should now be making full use of it. So far, the introduction of these has been very successful and pupils have been very grateful.

We still have lockers available. Please see below how to book.

If you have any questions please contact Sarah Williams on [s.williams@wansteadhigh.co.uk](mailto:s.williams@wansteadhigh.co.uk)

Save OUR  
WANSTEAD  
YOUTH CENTRE  
from closure

# ACTIVITIES & FUN EVENT

for Young People & the wider Community  
at our Youth Centre

## Saturday 15th July

## 2pm to 5pm



A free fun event with activities including football; table tennis; board games; gymnastics display; martial arts and more. Support keeping your centre open.

**Wanstead Youth Centre 144 Elmcroft Avenue, London E11 2DB**

**facebook** Save Wanstead Youth Centre  
SaveWansteadYouthCentre@gmail.com



# Term Dates and INSETs 2023-24 Planning Ahead!

The following dates are now confirmed for 2023-24 and are published on the school website:

## Autumn Term 2023-24

Period	Monday 4 <sup>th</sup> September 2023 to Wednesday 20 <sup>th</sup> December 2023
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INSET 1	Monday 4 <sup>th</sup> September
INSET 2	Tuesday 5 <sup>th</sup> September

*Half term break – Monday 23<sup>rd</sup> October 2023 to Friday 27<sup>th</sup> October 2023*

INSET 3	Friday 24 <sup>th</sup> November
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## Spring Term 2023-24

Period	Thursday 4 <sup>th</sup> January 2024 to Thursday 28 <sup>th</sup> March 2024
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*Half term break – Monday 19<sup>th</sup> February 2024 – Friday 23<sup>rd</sup> February 2024*

## Summer Term 2023-24

Period	Monday 15 <sup>th</sup> April 2024 to Friday 19 <sup>th</sup> July 2024
--------	---

*Half term break – Monday 27<sup>th</sup> May 2024 to Friday 31<sup>st</sup> May 2024*  
*Last Day of Summer Term Friday 19<sup>th</sup> July*



# What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial intelligence – particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software or adding an AI element to existing apps (such as Snapchat, for example). One form of AI to become especially popular has been the ‘AI friend’ or chatbot, as children eagerly experiment with these new-found computer-generated companions. There are now numerous apps available with this ‘virtual friend’ functionality, with the likelihood of it being added to other successful platforms soon.

## WHAT ARE THE RISKS?

### CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there’s a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

### REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

### LACK OF SENSITIVITY

Chatbot software isn’t always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it’s being told or replying insensitively to a young user who’s already struggling could potentially impact a child’s emotional wellbeing or exacerbate any existing emotional issues.

### UNINTENTIONAL BIAS

AI companions are only as reliable as the information they’ve been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (as many originate from the USA or the UK, for instance, they can display a distinctly western-centric worldview). This could lead to children developing skewed attitudes and behaviours.

### COGNITIVE LIMITATIONS

Although many are now undeniably advanced, AI-powered chatbots still have limitations in terms of understanding complex concepts, context and nuance. Depending heavily on chatbots to help with learning or solving problems may stunt the development of a child’s own powers of critical thinking, creativity and ability to engage in open-ended discussions with other people.

### PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information and conversations. This is ostensibly to improve their performance as they gradually learn about our behaviour – but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

## Advice for Parents & Carers

### CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they’re aware of and how they’re using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they’re suitable. Once you’re totally happy, you could sit with your young one and begin exploring AI chatbots together.

### CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment. Ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you’ll be close by and ready to help with any questions or concerns that may arise.

### FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it’s appropriate. It’s important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

### TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we’d strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.

### RECOGNISE THE RISKS

It’s unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it’s probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn’t a real person (however much it might sound like one) and may occasionally tell them something that isn’t entirely impartial or accurate.

### Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.





# What Parents & Carers Need to Know about

# ANIME

Anime, which originates from Japan, is currently one of the most popular sources of entertainment in the world. This style of animation goes back to the mid 20th century, with a broad audience ranging from children to adults. Known for its epic stories, anime often crosses over with video games and other avenues of pop culture via adaptations or spin-offs – such as Cyberpunk: Edgerunners, an anime web series based on the popular video game, Cyberpunk 2077. The most common intersect, however, is manga: a form of graphic novel from which most anime is adapted.

## WHAT ARE THE RISKS?

### INAPPROPRIATE CONTENT



Some people assume that anime is safe for children purely because it's animation. However, a large amount is actually geared towards adults, often featuring swearing, graphic violence and nudity. Many anime series follow dark storylines, such as Cyberpunk: Edgerunners, which has swiftly become known for its extreme gore, sexual content and disturbing depictions of mental health conditions.

### COMMON CROSSOVERS

It's easy for children to get drawn into anime through its many crossovers into video games, such as Fortnite and Call of Duty, while anime art styles are often used for other products, due to its popularity. Titles like the RPG Genshin Impact may look quite cute and accessible, but its loot-box mechanics can introduce young players to behaviours that have much in common with gambling.

### DECEPTIVE APPEARANCE

It's easy to mistake anime graphics for a sign of harmless, child-friendly content. This style (big eyes, colourful hair and cute voices), however, can disguise some extremely adult themes. Yandere Simulator, for example, strongly resembles a child's game at face value, thanks to its art style, but in reality it features incredibly dark themes such as murder, kidnapping and torture.

### ROBLOX REPRODUCTIONS

There are hundreds of user-created Roblox games which take their inspiration from anime and manga. While many of these titles will be perfectly age appropriate, there are some that prefer to focus on the storylines of adult and horror anime. Death Note, for example (based on the manga and anime series of the same name) would probably be extremely disturbing for most younger players.

### MATURE MANGA



The majority of anime is adapted from manga: a form of Japanese comic book. Manga usually features an age rating on the back cover, and it's worth bearing in mind that just because it's a comic, that doesn't mean it's suitable for youngsters. In fact, most popular manga leans heavily towards darker subject matter, which is unquestionably aimed at an adult audience.

### ADULT THEMES



Hentai is a type of manga, anime and video game which revolves around characters engaging in explicit sexual encounters. While anime of this kind is usually only found on pornography sites, some gaming platforms – such as Steam – do allow the sale of these titles (referred to as 'H-Games' in the community) and even feature them on the front of their store page when sales are on.

## Advice for Parents & Carers

### DO YOUR RESEARCH

Despite all the problematic content, there's still a lot of anime out there which is completely child friendly. Pokémon and One Piece are all long-running anime shows which have family-friendly stories and content. Make sure you check for age ratings and content warnings on streaming platforms when deciding if a particular anime series is suitable for your child.

### IT'S NOT JUST TV

Anime is most often in the format of a TV series, but it is also presented as films. Studio Ghibli is often referred to as 'The Japanese Disney' due to the quality and number of films they produce. Most of their movies are fine for children, though they often feature more mature subject matter than western animation: Grave of the Fireflies, for instance, is set in Japan during the Second World War.

### WATCH WITH YOUR CHILD

Anime covers a multitude of topics, so it's easy to find something that the whole family can enjoy. Anime shows typically involve action and adventure, superheroes, romance, comedy and much more. Watching this content alongside your child isn't only a way to spend quality time together – it will also help you to spot quite quickly if there's potential for any difficult topics to arise in the show.

### CHECK GAMES' FEATURES

Often, crossovers with video games simply involve using anime characters as 'skins' to modify the appearance of characters while playing (as in Fortnite, for example). If your child's interested in an anime-inspired game that you're unfamiliar with, however, look online at the game's features and for any content warnings to gain a clearer idea of what your child might be exposed to.

### Meet Our Expert

Daniel Uscrobie is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VGT47, he has reviewed more than 50 games and products over the past year.



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# What Parents & Carers Need to Know about MONEY MULING

Money muling involves individuals – very frequently young people – being recruited to transfer illegally obtained funds into and out of their bank account on behalf of criminals (often without even realising that's the kind of activity they've become embroiled in), and usually being allowed to keep a certain amount for themselves. It's essentially a digital form of money laundering. This guide highlights some of the risks associated with money muling, and provides parents and carers with useful tips to help safeguard young people against becoming ensnared by this growing online hazard.

## WHAT ARE THE RISKS?

### LEGAL REPERCUSSIONS

Young people may be lured by the promise of quick, easy money, but by doing so they will become unwitting participants in activities that can have severe legal and financial consequences. Money muling is a serious offence under UK law; involvement in such schemes can result in imprisonment and fines (or both). Remember, the threshold for criminal responsibility in the UK is 10 years of age.

### ONLINE RECRUITMENT

Cyber-savvy criminals are increasingly using various online methods, including social media apps and gaming platforms, in their attempts to recruit young people as potential money mules. The criminals often deploy persuasive, deceptive tactics to gain children's initial interest and attention, then seek to exploit their trust and naivety.

### POSSIBLE EXPLOITATION

Money muling is frequently carried out in tandem with other organised criminal activities such as the drugs trade or human trafficking. Not only is money muling a criminal offence in its own right, therefore, but it could also expose young people to harmful situations as well as potentially putting them in contact with some extremely dangerous individuals.

### FINANCIAL LOSSES

If they (even unknowingly) transfer funds that are traced back to criminal activities, money mules can face considerable financial losses: their bank may freeze their accounts, and they can be held liable for any illegally obtained funds. People involved in money muling often also find themselves at greater risk of becoming entangled in other forms of criminal financial exploitation and fraud.

### LONG-TERM CONSEQUENCES

Involvement in money muling can have a lasting negative impact on a young person's reputation, education and employment prospects, and place colossal strain on their family life. A conviction for financial fraud would significantly damage a young person's future opportunities: they could be blocked from opening a bank account, taking out a mortgage or even securing a phone contract.

## Advice for Parents & Carers

### EDUCATE AND COMMUNICATE

Talk to your child about the risks and consequences of money muling, emphasising the importance of making informed decisions and seeking guidance if they need it. Create an open, non-judgmental space which encourages them to share their concerns and experiences, ensuring they feel comfortable getting help if they suspect they may have become involved in money muling.

### MONITOR ONLINE ACTIVITIES

If you have concerns, you might want keep a closer than usual eye on your child's online presence, including their profiles on social media and any gaming platforms that they use. These can often serve as useful early warning systems which might help you to detect any signs of attempted recruitment by criminals or other types of suspicious behaviour.

### TALK ABOUT MONEY

Discussions about avoiding being recruited as a money mule are also good opportunities for a refresher with your child about financial responsibility and good money management. It's also a helpful starting point for highlighting the importance of earning their money by honest means and the potential consequences of getting involved in illegal activities, both online and offline.

### STAY INFORMED

Criminals' methods and approaches to recruiting young people as money mules frequently evolve to reflect the online landscape. Try to stay aware of criminals' current tactics and make time to regularly check out resources provided by schools, law enforcement and financial organisations. The Don't Be Fooled Campaign (at [www.moneymules.co.uk](http://www.moneymules.co.uk)) has plenty of useful information and advice.

### REPORT YOUR SUSPICIONS

If you have reason to believe that your child, one of their friends, or someone they know has been recruited into a money muling operation, seek support and then report your suspicions. For your own safety, please don't attempt to directly confront anyone you suspect of organising money muling. Instead, contact Crimestoppers anonymously on 0800 555 111.

### Meet Our Expert

Ross Savage has a proven track record in countering financial crime, having spent 11 years with UK law enforcement – specialising in money laundering investigations and asset recovery from organised criminal groups. He now holds senior visiting expert positions at various organisations and delivers customised training and consultancy to government and private-sector clients worldwide.



#WakeUpWednesday

Source: [www.moneymules.co.uk](http://www.moneymules.co.uk) | <https://nationalcrimeagency.gov.uk/moneymuling>  
[www.ukfinance.org.uk/press/press-releases/parents-urged-help-stop-rise-child-money-mules](http://www.ukfinance.org.uk/press/press-releases/parents-urged-help-stop-rise-child-money-mules)

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***Fashion@liontv.co.uk***

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## **STAY SAFE GOING TO AND FROM SCHOOL**

- **Stay aware of your surroundings when walking**
- **Avoid walking with valuables on display**
- **Plan your route and use forms of transport others are using**
- **Avoid shortcuts and isolated places**
- **Don't confront a thief or risk your own safety**

**Robbery is a serious crime that should be reported, this includes any attempts to rob victims of their property.**

**IF YOU SEE A ROBBERY TAKING PLACE OR HAVE JUST BEEN ROBBED CALL 999, OR REPORT IT AS SOON AS POSSIBLE ON 101 OR AT MET.POLICE.UK**

## **LOCATE YOUR PHONE IF LOST OR STOLEN**

- **Record your phone's IMEI number by typing \*#06# on your phone keypad. Keep a note of it somewhere at home.**
- **Use access codes sent (two-factor authentication codes) to access your data from another device.**
- **KNOW YOUR DETAILS - Tracker Apps can help locate your phone, such as Find My Phone and record password details elsewhere, in case you need to provide information to an officer after your phone has been stolen. Tracker Apps can help locate your phone, such as Find My Phone and record password details elsewhere, in case you need to provide information to an officer after your phone has been stolen.**



Your Safer Neighbourhoods Team (SNT) is a group of Met police officers dedicated to serving your community. The team is made up of officers based in your area (or 'ward'), supported by additional officers from the wider area.

We work closely with local authorities, community leaders and residents to decide our policing priorities for the area. This helps us to find useful, long-term solutions to local problems.

**Looking to contact your local Neighbourhood Policing Team in Redbridge?**

**Aldborough**

[Aldborough@met.police.uk](mailto:Aldborough@met.police.uk)

**Fullwell**

[Fullwell.SNT@met.police.uk](mailto:Fullwell.SNT@met.police.uk)

**Hainault**

[Hainault.SNT@met.police.uk](mailto:Hainault.SNT@met.police.uk)

**Fairlop**

[Fairlop.SNT@met.police.uk](mailto:Fairlop.SNT@met.police.uk)

**Clayhall**

[Clayhall@met.police.uk](mailto:Clayhall@met.police.uk)

**Newbury**

[Newbury@met.police.uk](mailto:Newbury@met.police.uk)

**Barkingside**

[Barkingside@met.police.uk](mailto:Barkingside@met.police.uk)

**Monkhams**

[Monkhams.SNT@met.police.uk](mailto:Monkhams.SNT@met.police.uk)

**South Woodford**

[ChurchEnd.SNT@met.police.uk](mailto:ChurchEnd.SNT@met.police.uk)

**Churchfields**

[Roding.SNT@met.police.uk](mailto:Roding.SNT@met.police.uk)

**Chadwell**

[Chadwell@met.police.uk](mailto:Chadwell@met.police.uk)

**Goodmayes**

[Goodmayes@met.police.uk](mailto:Goodmayes@met.police.uk)

**Bridge**

[Bridge.SNT@met.police.uk](mailto:Bridge.SNT@met.police.uk)

**Seven Kings**

[Seven-Kings@met.police.uk](mailto:Seven-Kings@met.police.uk)

**Cranbrook**

[Cranbrook.SNT@met.police.uk](mailto:Cranbrook.SNT@met.police.uk)

**Mayfield**

[Mayfield.SNT@met.police.uk](mailto:Mayfield.SNT@met.police.uk)

**Wanstead Village**

[Snaresbrook.SNT@met.police.uk](mailto:Snaresbrook.SNT@met.police.uk)

**Clements Wood**

[Clementswood.SNT@met.police.uk](mailto:Clementswood.SNT@met.police.uk)

**Wanstead Park**

[Wanstead.SNT@met.police.uk](mailto:Wanstead.SNT@met.police.uk)

**Ilford Town**

[SNTJI-Ilford-Town@met.police.uk](mailto:SNTJI-Ilford-Town@met.police.uk)

**Loxford**

[Loxford.SNT@met.police.uk](mailto:Loxford.SNT@met.police.uk)

**Valentines**

[Valentines.SNT@met.police.uk](mailto:Valentines.SNT@met.police.uk)



**METROPOLITAN  
POLICE**

The Drama department is offering pupils to complete the LAMDA qualification. Depending on uptake weekly sessions will cost approximate £8 each, financial support can be offered for those eligible for free school meals.

If interested please contact [hello@louderdrama.com](mailto:hello@louderdrama.com) with the subject "LAMDA Tuition @WHS"

# We teach







# LAMDA

## — Exams & Qualifications



We Bring the Character

We now offer the LAMDA drama qualification here at Wanstead High School. If interested please contact [hello@louderdrama.com](mailto:hello@louderdrama.com)

Week 1 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
 Option 1	Chicken Burger Or Mac 'n' Cheese	Jerk Chicken with Rice and Peas	Carvey Roast 3 Ways with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Katsu Curry with Rice and Mixed Pepper Siracha Slaw	"Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce"
 Option 2	Vegan Veggie Turkish Lahmacun	Vegan Sweet Potato Jerk Burrito	Vegan BBQ Quorn Fillet with Roast Potatoes and Gravy	Vegan Sweet Potato and Spinach Curry with Naan	Vegan Spring Roll with Sweet Chilli Sauce and Served with Chips
 Option 3 (Grab and Go)	Vegan Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Vegan Veggie Noodle Pot	"Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce"
 Dessert	Fruit Shortbread	Vegan Ginger Cake	Mousse	Fruit Turnover	Fruit Muffin
 Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
 Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, New Potatoes, Chickpea Salad and Courgette and Lentil Salad	Tomatoes, Cucumber, Mixed Leaf, Jalapeño and Lime Coleslaw, Beetroot, Spicy Potato, Cos Cherry Tomato and Pesto and Greek Pasta	Tomatoes, Cucumber, Mixed Leaf, Herbed Coleslaw, Beetroot, Potato and Orange, Mexican Sweetcorn and Mushroom, Lemon and Lentils	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato Marie Rose, Pasta and Roasted Vegetables and Tomato and Carrot Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

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## Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Option 1</b>	Chicken Pie Or Veggie Dirty Jackets	Bolognese Pasta Bake with Garlic Bread	Chicken Sausage and Mash with Roasted Veggies	Chicken Naandoori with Asian Slaw	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
 <b>Option 2</b>	Vegan Veggie Loaded Quesadilla	Vegan Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Vegan Teriyaki Noodles	Vegan Veggie Plait with Chips
<b>Option 3 (Grab and Go)</b>	Vegan 5 Bean Chili Nachos	Chicken Fajita	Roast Chicken Baguette (French Dip) with Onion Gravy	Macaroni Cheese Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
 <b>Dessert</b>	Vegan Chocolate Cake	Flapjack	Summer Iced Loaf	Banana Oatbar	Strawberry Mousse
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
 <b>Salad Bar Menu</b>	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potatoes, Mediterranean Pasta and Green Apple Salad	Tomatoes, Cucumber, Mixed Leaf, Asian Cole- slaw, Beetroot, Potato Nicoise, Tasty Cous Cous and Five Been Salad	Tomatoes, Mixed Leaf, Kale Coleslaw, Beetroot, Potato and Chickpea, Pas- ta and Beans and Russian Salad	Tomatoes, Cucumber, Mixed Leaf, Yogurt Cole- slaw, Beetroot, Pesto Po- tatoes, Watermelon and Feta and Sweetcorn Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

## Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Option 1</b>	Cheesy Baked Mediterranean	Sweet Chili Chicken Noodle	Chicken Roast 3 Ways with Roast Potatoes, Gravy, and Seasonal Vegetables	Butter Chicken with Rice	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
 <b>Option 2</b>	Vegan Pad Thai	Vegan Spicy Falafel and Hummus Wrap	Vegan Tandoori Quorn Fillet with Bombay Potatoes	Vegan Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Vegan Samosa with Chips and Curry Sauce
<b>Option 3 (Grab and Go)</b>	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot.	Vegan Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
 <b>Dessert</b>	Vegan Berry Cake	Chocolate Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Mousse
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
 <b>Salad Bar Menu</b>	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato and Orange, Ratatouille and Tasty Quinoa	Tomatoes, Cucumber, Mixed Leaf, Coronation Coleslaw, Beetroot, Potatoes and Lentils, Pasta and Roasted Vegetables and Caesar	Tomatoes, Cucumber, Mixed Leaf, Rainbow Coleslaw, Beetroot, Mediterranean Potatoes, Teriyaki Noodles and Greek Salad	Tomatoes, Cucumber, Mixed Leaf, Broccoli Coleslaw, Beetroot, Potato Crunch, Pasta with Cucumber and Peas and Cowboy Cavier	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice